



Fitness Facts

Survival Kit For Staying Healthy And Energized

(NAPSA)—Before you work up a sweat, don't forget your must-have survival kit for warm weather fitness.

According to Seven Boggs, Bally Total Fitness personal trainer, there are five crucial components to a fitness survival kit:

Waterproof Sun Block

- Sun block is essential for protecting your skin from the sun's powerful rays; a waterproof sun block is additionally beneficial for fitness enthusiasts because it won't wash away when you sweat. The sun block, which should have a protectant of at least SPF 15, should be applied whenever you are outdoors, even on cloudy days since the sun still reaches your skin. It is estimated that 85 percent of the visible signs of aging are actually sun damage so don't be afraid to apply sun block generously. Pay close attention to those vulnerable points—lips, nose and ears.

Vitamin Infused Water

- The body requires water before, during and after exercise. Don't rely on thirst to tell you when to drink. By the time you are thirsty, you've probably waited too long. To avoid dehydration when exercising in the heat, consume 12 ounces of water before exercise and 16 ounces for every 20 minutes of exercise.

Energy Supplements

- Energy supplements offer a burst of energy that can keep your



Energy supplements can provide a burst of energy to keep a fitness routine in high gear.

fitness routine in high gear. For example, Bally Total Fitness offers all-natural, sugar-free, total energy mints called Blast Energy SuppleMints in either peppermint or cinnamon that are designed to provide quick energy support to your workout and are a great boost for when you feel sluggish during steamy days.

Appropriate Fitness Attire

- Wear light-colored, loose-fitting clothing made with the new generation of polyester fabrics that will allow your skin to breathe and the air to circulate, which will help keep you cool.

Head Gear

- A sun visor or hat will provide a barrier between you and the sun, keeping it out of your eyes, while the hat can keep your head cool, especially if you work out when the sun is at its peak.

Look for a hat made out of a woven fabric like canvas so your head will breathe while in the sun.